

Workshop by Master Luo Hong Yuan

training for your
body, mind & spirit.



Ji Hong Tai Chi Push Hands - Theory and Techniques

This workshop is open to Ji Hong Tai Chi students only.

The focus of the workshop is to introduce theories and methods for enhancing the quality of internal energy, and controlling the opponent while maintaining the balance of “not yielding and not resisting”.

Description	Date	Time	Fee
Push Hands Session 1	Sunday, August 30	1:00 PM – 4:00 PM	\$75
Push Hands Session 2	Sunday, August 30	5:00 PM – 7:00 PM	\$50
Both Sessions	\$120		

LOCATION: Ji Hong Tai Chi Richmond Hill

10 East Wilmot St. Unit 21

Pay in-person CASH on-site.